



The 514th Engineer Detachment's Chris Crittenden slides home while Co A, 3rd BSB's William Able awaits the tardy throw.

Photos by Nancy Gould

Outlaws prove unstoppable

Steve Hart
Hunter Public Affairs Officer

Mother nature's thunder and lightening that threatened the 2008 Fort Stewart-Hunter Army Airfield Intramural Softball Championship Game at the Squires Sports Complex on Hunter Army Airfield July 30 ceased just in time to start the contest.

Once the game started, it was the bats of Company A, Third Brigade Support Battalion's Outlaws that produced the most significant thunder and lightening. The only sounds heard over Hunter that day were the three home runs launched by Outlaws players as they put on a hitting clinic enroute to a 31-13 massacre of the 514th Engineer Detachment's Hell Fighters.

After entering the tournament with a perfect 30-0 record, the Hell Fighters won the first game of the double elimination tournament July 28 only to suffer their first defeat of the season by the lopsided score of 15-5 to the Outlaws, July 29. It would take a victory later that evening against the 224th Military Intelligence Battalion for them to stay alive in the tournament. The Hell Fighters rebounded with a convincing 19-6 triumph over 224 MI to earn the right to face the Outlaws in the championship game Wednesday and to exact some revenge.

After the rain stopped 30 minutes before game time and the Directorate of Morale, Welfare and Recreation staff scampered

to get the field in playing shape, three members of the Hell Fighters, who are military and Department of the Army firefighters, got a call to respond to a cooking fire in one of the barracks. The players tended to the matter and returned to the field in time for the opening ceremony.

Perhaps facing a fire was a safer environment for the public servants than facing the fearsome lineup the Outlaws brought with them from Fort Stewart.

The Outlaws jumped out to a quick lead by scoring three times in the top of the first. That lead was short-lived, however, when the Hell Fighters responded by putting up four runs of their own in the bottom of the frame, including a two-run home run by Cody McBrayer.

That power display seemed to get the Outlaws' attention. In the top of the second, the first five Outlaws hitters reached on singles to tie the contest before Tavaris Garritt destroyed the ball for a long grand slam home run. Nathaniel Simmons then doubled and scored on a Sterling Tyler single. Then, Joe Bether reached base on an error by the Hell Fighters' shortstop. Shelton Marshall continued the barrage with a home run of his own to score three more runs. When the dust settled, the Outlaws were up 14-4.

Perhaps complacent, some shoddy play that resulted in two errors and a base-on-balls allowed the Hell Fighters to close

14-6 after two innings.

The Outlaws' bats stayed hot as they scored three in the third and six in the fourth, that featured a home run by Joe Bether with two runners on, to build a commanding 22-7 lead.

"I'd like to have said the wet field, the emergency call that we had to respond to and the fact that two of our players were slightly injured from the previous night's game were factors in the outcome, but, quite frankly, we simply faced a very talented club," said Larry Rhodes, Hell Fighters' player-coach. "We were pretty impressed with them. They hit the ball hard and, unfortunately, we didn't."

Tavaris Garrett was named game MVP as he went five-for-six with a grand slam and two doubles and drove in eight runs. Shelton Marshall stepped up in the championship game with a four-for-six performance that included a homer and double. He drove in five runs as part of the Outlaws blitzkrieg that produced 30 hits.

"Our bats were on fire tonight and we ran the bases aggressively to take advantage of the wet balls the Engineers' outfielders had to try to throw," said Marshall while summarizing the keys to this team's success.

The Hell Fighters took the defeat with class.

"We would have loved to have won the whole thing," Rhodes said. "But we improved greatly from last year and we won the Hunter championship by going undefeated."



Co. A, 3rd BSB's Kevin Gregg elevates to try to reach an errant throw as the 514th Engineer Detachment's Tony Fornicola hustles down the first base line.



Brian Frayser, 514th Engineer Detachment, drives one into the outfield during the Stewart-Hunter Intramural Softball Championship, July 30.

Co A, 3rd BSB					514 Engineer Detachment				
	AB	R	H	RBI		AB	R	H	RBI
J. Monroe, SS	6	3	3	1	C. Crittenden, LCF	5	3	2	0
T. Garrett, RCF	6	5	5	8	D. Zeldenrust, 1B	4	1	0	1
N. Simmons, LCF	5	3	3	3	B. Frayser, 2B	2	2	0	1
S. Tyler, LF	4	5	3	4	R. Gordon, LF	3	1	1	0
J. Bether, 3B	5	4	3	5	C. McBrayer, 3B	4	2	3	5
S. Marshall, P	6	3	4	5	W. Velazquez, P	4	3	3	1
K. Gregg, 1B	5	1	3	1	T. Fornicola, C	4	0	2	1
B. Kearney, 2B	6	1	2	1	D. Young, RCF	4	0	1	0
W. Asble, C	4	1	1	0	K. Fulton, RF	2	0	1	0
F. Rosa, C	2	1	1	0	L. Rhodes, SS	3	1	0	1
Ingram, RF	5	4	2	0					
	54	31	30	28		36	13	13	10
AB - At Bat R - Runs					H - Hits RBI - Run Base Ins				
Inning	1	2	3	4	5	6	7		
Co. A, 3rd BSB Outlaws	3	11	3	6	2	0	6		
415 Engineer Hell Fighters	4	2	1	0	0	0	6		
					Runs	Hits	Errors		
Co. A, 3rd BSB Outlaws					31	30	5		
415 Engineer Hell Fighters					13	13	8		

Stewart-Hunter Ten-Miler female team announced



Pvt. Jared Eastman

Capt. Alexis Davis races around Donovan Field Track, earning her place on this year's Stewart-Hunter Ten-Miler female team, Aug. 1.

Pvt. Jared Eastman
1st BCT Public Affairs

The morning started with a cool breeze, a blessing for all of those running at Donovan Field Track, Aug. 1. A group of Soldiers stood around in a circle, stretching and talking quietly, as if speaking in a normal tone would ruin the runner's sanctuary they stood in front of, a one-mile dirt track lit with streetlights. Three female Soldiers affix a number onto their shirts, marking them as qualifiers for the Fort Stewart - Hunter Army Airfield Ten-Miler female team.

The run began unceremoniously as the three qualifiers fell into a runner's stride with well-practiced familiarity. For Capt. Alexis Davis, 703rd Brigade Support Battalion rear-detachment commander, the runner's stride is second nature.

"I first got into running in eighth grade, when I was trying to pass the Presidential Physical Fitness Test," she said, "but, seeing as I couldn't pass it in push-ups, I decided to try my hardest at running."

"It's about feeling the burn and working hard."

Davis ran her first Army Ten-Miler while in the Officer Basic Course in 2004. She then ran America's largest 10-mile race for the past two years, representing Team Stewart-Hunter.

With the second lap completed, the runners spread themselves out further. Davis led the

group with the energy of a steam engine, but trailing close behind was Sgt. Betzaida Santana, 3rd Sustainment Brigade.

"I didn't get into running until I joined the Army," Santana said, "but the runner's high is great."

Second Lieutenant Regina Lewis, 24th Finance, also got into the running groove after she joined the service.

"I didn't even hear about the Army Ten-Miler until three weeks ago," she said.

As the Soldiers rounded the track again and again, the sun began to make its appearance and met them at the half-mile turn.

"When you first start it hurts, but it gets better as you go along," Davis said.

Davis finished as strongly as she started with a time of 1:22.53.

Santana came in second with 1:38.18.

"I was blessed today," Santana said with a smile.

Cheered on by her comrades who came to watch the event, Lewis pushed herself to the finish line at 1:45:40.

The air was humid by the time the runners finished, but they didn't seem to notice as congratulatory remarks were made. Thankful for the towel to dry off and the Gatorade to drink - compliments of the Directorate of Morale, Welfare and Recreation - the three qualifiers now prepare for their next challenge, namely, catching the connecting flights to Washington D.C. to compete in October's Army Ten-Miler.

Corkan rock climbing wall enforces new safety rules

Khameron Mitchem
Summer Hire

The Corkan Family Fun Center has many things to do for several age groups, such as bowling, laser tag, skating and spray park. However; with these activities there are rules and procedures that must be followed to ensure the safety of everybody. The following are new rock climbing wall rules.

All climbers must be at least 18 years old (or have a written consent of a parent or legal guardian and pass the additional Youth Certification Test). Climbers must demonstrate how to tie a retracable figure eight knot and use only this knot while climbing at Corkan. The climber must have a

Union Internationale Des Association D'Alpinsme approved harness, belay devices and a locking carabineer- and must know how to use them. Hip-belay, munter hitches, swami belts, and others are not allowed.

If you are a lead climber or you belay a lead climber you must pass Corkan's "lead test" first before you can climb. Climbers must always have a spotter when bouldering, and understand that you risk serious injury if you climb unspotted.

Climbers must never boulder with any part of your body above the height of 12 feet. Climbers can only use Corkan's ropes and quickdraws while climbing at Corkan Family Fun Center. Climbers must allow right of way to other climbers who were on the route

first on any section of the wall (this includes bouldering). Climbers must always stand clear of a climber's fall and swing zone.

Everyone must keep the walkways and exits clear of traffic. They must stay clear of all climbing areas when not climbing, belaying, or spotting in case other climbers fall unexpectedly from above.

All of their clips must be made safely before the entire body passes them, and in the order they appear on the climb, and the final cold shut or steel anchor must be clipped before lowering.

After all climbers in a party attempt one climb, the party must turn over the rope to any waiting parties. Hangdogging, or hanging to work a

route, will not be permitted when there are climbers waiting to use that rope or particular section of wall.

Lead climbers must know how to recognize twist clips and Z-clips, and realize that they are dangerous and must be reversed before climbing on. If two conflicting climbs intersect, the second party to leave the ground must yield at a safe distance that won't endanger either party in the event of a sudden fall. Quickdraws or other hardware cannot be removed or replaced except by Corkan Family Fun Center staff. If a second will be top roping the lead, a minimum of two anchors must be used for the top rope set-up.

The rock climbing wall and other activities are available for your enjoyment, but always remember safety first.

Newman improves quality of life

Maya Kellam
Summer Hire

Many community members have found Newman Fitness Center to be a great facility at which to work out and relieve stress. To better serve its customers, the center is undergoing a facelift complete with equipment upgrades.

According to Directorate of Morale, Welfare and Recreation Fitness director, Jake Battle, Newman is acquiring two additional spaces to meet the Soldiers and Families' rising physical fitness demands.

The first is actually an expansion to the current weight room, providing an additional 3,000 square feet of space.

Battle said the second major addition is a separate aerobics room, which provides an additional 3,000 sq. feet, plus provides a private space for fitness classes.

A separate aerobics room will also allow Soldiers and Families to use the basketball court more frequently, he said.

The lobby was also renovated with a fresh coat of paint and new tiling to

add a more festive feel to the fitness center.

Furthermore, Newman's day care area was expanded; increasing the child capacity.

A new handicapped ramp was added to Newman Pool, improving pool access, and acoustic tiling was added there to reduce noise.

A number of programs are taught at Newman, and one, Pilates, is currently taught at Club Stewart 6 p.m. each Monday, Wednesday, and Friday.

Some of the classes at Newman include step at 9 a.m. and kickboxing 4:30 p.m., Mondays; step kicking 9 a.m., Wednesdays and Basic Training Workout 9 a.m., Tuesdays and Thursdays.

The center also offers services such as personal trainers, the aforementioned day care service and Smooth Operator, a new juice bar.

Renovations should be finished soon, Battle said.

Community members are encouraged to check out the changes, and step into a brighter world of fitness with the new amenities and services at Newman Fitness Center.



Maj. Glenn Eclubb, 3rd Squadron 7th U.S. Cavalry Regiment enjoys a work-out using Newman's current weight room, July 30. The weight room is expanding to meet the needs of Soldiers and Families.



Photos by Maya Kellam

Sgt. Mike Keathley, 3rd Battalion, 69th Armored Regiment does the back stroke during his workout routine at the newly renovated Newman Pool, July 30.

Jake's Body Shop:

Stay motivated to exercise

Jake Battle
DMWR Fitness Coordinator

Maintaining enthusiasm is the key to a consistent, healthy exercise program. While many people are excited about starting a workout routine, the motivation to get in shape often fades after a few weeks.

Fortunately, this doesn't have to be true for you. Here are several ways to help you find exercise success.



When you don't feel like exercising, do a less intense workout. Walk though you neighborhood or ride a bike. You can still get a great workout without feeling guilty.

Exercise for you

Many people work out for negative reasons. Maybe your father died of a heart attack or the women in your family tend to be overweight.

These motivations will make it harder for your to stick with a long-term program.

Find new reasons to exercise. Think of how successful you will feel or how much you are doing for your body on a day-to-day basis.

Fire the critic

One sure way to lose all motivation is to be too hard on yourself. Don't compare yourself or tell yourself you'll never master a new technique. When you start to put yourself down, think of the benefits you have already gained. You can start an exercise program and stick with it. The satisfaction you feel will make it worth the effort.

Ready for results

1. Replace negative thinking with positive thinking.
2. Be flexible. Don't always feel like you have to complete a certain regimen.
3. Don't expect yourself to be perfect immediately.

Open your mind

If you don't feel like jogging or lifting weights, try something different. Even if you are in the habit of jogging a mile or two or swimming a certain number of laps, you can still be flexible in your routine.

Marne Lanes League Bowling

Marne Lanes offers a variety of individual and league play to Soldiers, Family members and civilians. Stop by to register for league bowling with opportunities ranging from open competition, seniors, scratch, church or youth teams.

To join, choose a time or league in which you wish to bowl. Fill out the registration form available at Marne Lanes. Return the registration form to the reception counter. For more information about times or leagues, call the Marne Lanes at 767-4866 or log on to www.fsusbc.org.

Leagues

League	Time	Type	# per team	Date
Monday Night Open	7 p.m.	Open Mixed	4	Sept. 8
Senior Mixed Classic	10 a.m.	Mixed	3	Sept. 8
Tuesday Night Mixed	7 p.m.	Open Mixed	4	Sept. 2
Tuesday Scratch Trio	7 p.m.	Open	3	Sept. 2
Senior Friends Hi/Lo	7 p.m.	Singles/Doubles	1	Sept. 10
Wednesday Night Mixed	7 p.m.	Mixed Doubles	4	Sept. 3
Thurs Morning Coffee	9 a.m.	Ladies	3	Sept. 4
Thursday Night Church	7 p.m.	Open Mixed	3	Sept. 4
Friday Night Open	7 p.m.	Open Mixed	4	Sept. 5
Saturday Morning Youth	9 a.m.	Youth	4	Sept. 6

Sign up for CYS youth activities

Football, cheerleading

Child and Youth Services football and cheerleading registration continues through Aug. 18 or when slots are full.

Football is open to CYS members age 7-12 (as of Aug. 1). Members age 13 will be placed on a waiting list in the event there are enough players to form an 11-13 league.

Cheerleading is open to CYS members age 6-13 (as of Dec. 31).

Sports fees are waived for CYS members of parents currently deployed. Register at Fort Stewart CYS, building 443, Gulick Ave. between 8 a.m. to 5 p.m. Monday, Tuesday, Thursday, Friday; and Wednesday, 9 a.m. to 6 p.m. For more information, call 767-2312 or Youth Sports at 767-4371.

Soccer

Register for Child and Youth Services youth soccer. Registration is Aug. 1 to Sept. 12 or until all slots are filled. The activity is open to all CYS youth 4-13 years old (as of Aug. 1.) Register at Fort Stewart CYS, building 443, Gulick Ave., next to Corkan Pool. CYS is open 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday and 9 a.m. to 6 p.m., Wednesday.

All CYS members must have a current physical on file when registering. For more information, call CYS at 767-2312 or Youth Sports at 767-4371.

Volunteers are needed to coach soccer teams. If you are interested in volunteering, call 767-4371. New volunteers will be required to come to Jordan Youth Gym, building 606, West 6th St. to complete a volunteer registration form and submit to a background check.